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ABSTRACT

This document reports on the conclusions and recommendations of the European seminars organized by the Committee for the Development of Sport, a subcommittee of the Council of Europe. The seminars addressed: (1) "Energy-saving Measures in Sports Facilities"; (2) "Access to Nature in Mountain Regions"; (3) "Sport for Immigrants"; (4) "Sport for Children"; (5) "Low-cost Sports Facilities"; and (6) an interim activity report on Eurofit, a physical fitness test battery. (JD)

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COMMITTEE FOR THE DEVELOPMENT OF SPORT

COLLECTION OF THE CONCLUSIONS OF THE EUROPEAN SEMINARS ORGANISED BY THE CDDS IN 1982 AND APPROVED BY THE CDDS IN 1983

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I

ENERGY-SAVING MEASURES IN SPORTS FACILITIES

Draft Recommendation
based on the conclusions approved
by the participants at the Seminar
organised for the CDDS
by the Sports Directorate of the
Ministère du Temps Libre
Paris, 26-30 April 1982

(CDDS (82) 54 rev.)

COMMITTEE FOR THE DEVELOPMENT OF SPORT

PRELIMINARY DRAFT RECOMMENDATION
SUBMITTED BY THE CDDS
TO THE COMMITTEE OF MINISTERS
ON ENERGY-SAVING MEASURES IN SPORTS FACILITIES

The Committee of Ministers, under the terms of Article 15 (b) of the Statute of the Council of Europe,

Recalling its Resolution (76) 41 on the principles for a policy of Sport for All ("The European Sport for All Charter"),

Bearing in mind that all member states have felt the need to conduct energy-saving programmes,

Noting that energy consumption in sports facilities represents an appreciable part of the total national energy consumption in the member states,

Considering that the requirement to reduce energy consumption must not have as a direct or indirect consequence a lessening of opportunities to participate in sport, nor imperil the achievements of Sport for All gained over the past 15 years,

Convinced that energy-saving measures could contribute to reducing the running costs of each sports facility without having a detrimental effect on participation rates in sport, nor on the comfort of the users of these facilities,

Considering that the implementation of effective energy-saving measures will help to make it possible to maintain existing staffing levels in sports facilities, to the benefit of the public,

Bearing in mind the need to share experiences in the member states so that each may better ensure the implementation and application of specific energy-saving measures for sports facilities,

Recommends the governments of member states:

i. that they take the action set forth in Part I.A of this recommendation;

ii. that they bring to the attention of, and encourage the implementation by, local authorities the series of energy-saving measures set forth in Part I.B of this recommendation;

iii. that they bring to the attention of, and encourage the implementation by, managers of sports facilities, sports organisations and participants, and designers and architects of sports facilities the series of energy-saving measures set forth in Parts II.A, II.B, and II.C respectively of this recommendation;

iv. that they ensure a wide dissemination amongstall interested parties of this recommendation and take all other steps that may be appropriate for encouraging its implementation;

v. that they provide the Secretary General of the Council of Europe with information on developments and results on energy-saving measures in sports facilities when such information may be considered to be of interest to other member states;

PART I

A. CENTRAL GOVERNMENT

A.I Policy aspects

a. Finance

1. Governments should encourage the adoption of a step-by-step approach by those considering capital investment in energy-saving measures:

i. implementation first of measures requiring little or no capital expense;

ii. consideration of other measures only after examining their cost effectiveness;

iii. basing proposals on evidence of achievable savings.

2. Governmental attention should be given to the means (central agencies, committees, etc) and to the methods (grants, loans, etc) of financing the installation in sports facilities of cost-effectiveenergy-saving measures as set out in the table at Appendix I of this recommendation. Loans might be repaid at the rate of the anticipated savings to be derived from the installation of such measures.

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b. Publicity

Governments should promote a general awareness of energy-saving possibilities in sports facilities directed towards sports participants and sports organisations, local authorities, managers and architects and designers. A travelling exhibition on different kinds of public facilities, and designed especially for local authorities is advised.

The initiation of a national "good energy management award" competition should be considered.

c. Information

Governments should sponsor the creation of a comprehensive and objective source of information on special energy-saving measures and appliances. Independent testing of claims made for certain appliances should be arranged.

d. Research and experience

Governments should encourage future research and development, including by industry, into alternative sources of energy using to the greatest advantage each member state's own natural environment, climate and alternative energy sources. An experimental and testing programme is advised.

Governments should also consider ways in which the experience gained by managers and local authorities in energy-saving measures may be transmitted to designers and architects so that acquired experience is not lost.

A.II Technical aspects

a. Standardised units of measurement

Governments should encourage the adoption in the countries of the standardised unit of measuring energy consumption in indoor and outdoor swimming pools, halls and gymnasia and ice-facilities mentioned in Appendix II of this recommendation (ie kilowatt-hours per square metre of usable activity space per year). Guidelines for the use of this unit are also set out in Appendix II.

On the basis of this standardised unit, governments should encourage the establishing of energy-saving tables permitting comparisons, the working-out of norms and the international exchange of experience.

b. Advice and counsel

Governments should envisage the creation of a central co-ordinating commission on energy-saving in sports facilities to provide an advisory service to those who run sports facilities. Amongst the tasks of this commission should be the creation of diagnostic teams of independent experts to help local authorities take appropriate measures, to provide advice to managers and sports clubs, to compare local performances with national norms and to prepare draft building regulations for new sports facilities which take account of their specific character and which incorporate energy-saving measures (eg double glazing, insulation index etc). It should also give advice on methods of financing the introduction of energy-saving measures.

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A.III Education for managers

a. Training

Governments should aim at instituting an appropriate national programme of initial management training (at least one year) for managers of sports facilities containing elements on energy-saving principles reflecting their relative importance.

Governments should take steps so that adequate in-service and refresher training courses on energy-saving measures in sports facilities are provided, eg for leaders of such courses.

B. LOCAL GOVERNMENT

Local authorities should establish energy-saving measures in sports facilities so that, inter alia, the provision of an adequate number of sports facilities necessary to a good community life is not harmed.

B.I Technical aspects

a. New facilities

1. When planning for a new sports facility, local authorities should in particular consider the contribution to energy-saving that may be made by natural resources, existing energy supplies (eg waste heat from industry), or by combining facilities such as swimming pools and ice rinks.

2. Local authorities should require that the design plans contain:

- an estimate of the likely annual energy consumption

- a description of energy-saving measures incorporated in the design.

The estimate should be based on the standardised unit of measurement referred to under Section A.II.a of this recommendation and if too divergent from any relevant norm, consequent modifications made as appropriate.

b. Existing facilities

Local authorities should make provision to include energy-saving measures in existing sports facilities. The table at Appendix I may help in determining what measures are appropriate and rational for each type of facility. The following order of priority is recommended:

i. Improving immediate operational efficiency without additional investment;

ii. Making minor adaptations giving short-term savings (simple measures);

iii. Renewing technical plant and improving equipment giving long-term savings (more costly measures).

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B.II Training of managers and other staff

1. Local authorities should ensure that all managers of sports facilities in their employment are fully aware of energy-saving possibilities and measures and are competent to oversee their introduction. They should ensure that managers also train the staff of facilities in energy-saving.

2. They should appoint managers on the basis qualifications and experience, including an assessment of their training in energy-saving.

3. They should ensure that managers have access to information, new techniques available and that experience and knowledge acquired is adequately disseminated.

4. They should aim to ensure that the costs of training programmes and courses are recouped in energy-saving economies realised.

PART II

A. MANAGERS OF SPORTS FACILITIES

Managers should undertake a comprehensive examination of how energy consumption in the facilities they run could be reduced. They should make appropriate proposals for energy-saving to their local authorities

In pursuing energy-saving, managers should follow the guidelines set out below:

1. Make the best and most efficient use of the facility and the machinery installed there (eg control adjustments, proper servicing).

2. Prepare plans for preventive maintenance, to avoid, as far as possible, unexpected costly repair or capital expenditure.

3. Analyse present energy costs in the facility (heating, lighting, ventilation, water treatment, other machinery, staff costs, material costs).

4. Analyse the real use made of the facility (eg peak hours, activity sequences, etc).

5. Review energy needs and practices in the light of the real use, the appropriateness of the machinery to the use, and adapt or modify when necessary and possible (eg capacity of boilers).

6. Install low-cost energy-saving services (eg time-clocks, simple pool blankets).

7. Review management and use of the sports facility from the energy-saving point of view (eg timetables, ventilation needs, keeping temperatures as low as possible in the light of the activity, avoiding unnecessary changes in temperature).

8. After implementing the above measures, arrange for cost-benefit studies of possible major improvements (eg insulation, heat pumps, etc).

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9. Keep informed and up-to-date on energy-saving measures and consider how they may be applied to the facility.

B. SPORTS ORGANISATIONS AND PARTICIPANTS

Sports organisations and participants should consider ways they can contribute to energy-saving measures, as a matter of mutual interest, eg and in particular:

- by co-operating in the operation of energy-saving measures;

- by re-examining and keeping as low as possible their specific sporting needs which entail energy consumption - such as ambient temperature requirements at various levels of ability and play.

C. DESIGNERS AND ARCHITECTS

Designers and architects should seek the most rational design of sports facilities from an energy-saving point of view. In this respect, they should take into account the results of the research and the experience referred to in Section A.I.d. of this recommendation.

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A P P E N D I X I

Table of energy-saving measures for sports facilities and their cost-effectiveness

	Swimming pools				Sports halls		Ice Sports		Capital cost	Effect on total energy use
	Indoor		Outdoor							
	Existing	New	Existing	New	Existing	New	Existing	New	1 - low 3 - high	A - low C - high
A. DESIGN AND CONSTRUCTION										
List of accommodation		x		x		x		x		
Choice of site		x		x		x		x		
Exposition - sun and wind		x		x		x		x		
Landscaping			x	x			x	x		
Form of building		x		x		x		x		
Thermal insulation	x	x			x	x	x	x		
Thermal inertia		x				x		x		
Air tightness	x	x			x	x	x	x		
Passive solar (including day-light, colour, materials)	x	x				x		x		
B1. TECHNICAL - GENERAL										
Control (time, temperature humidity, lighting, water treatment) and optimisation	x	x	x	x	x	x	x	x	1	C
Pool cover	x	x	x	x					1 - 2	C
Modernisation of plant (filtration, ventilation, heating, lighting)	x	x	x	x	x	x	x	x	2	B
B2. TECHNICAL - ENERGY RECOVERY										
Heat exchange - air	x	x			x	x			2	C
Heat exchange - water		x		x		x		x	2	A - B
Heat pump - air	x	x							3	B
- dehumidification	x	x							3	B
- showers	x	x		x		x			3	B
- pool water	x	x		x					3	A
Heat transfer from refrigeration							x	x	2	C
Smoke gas recuperation	x		x	x	x	x	x	x	1	B
B3. ENVIRONMENTAL										
Heat pump	x	x	x	x		x			3	B
Active solar	x	x	x	x		x			2 - 3	B
B4. COMBINED HEAT AND POWER		x				x			3	C

A P P E N D I X II

STANDARDISATION OF UNITS OF MEASUREMENT OF ENERGY CONSUMPTION IN SPORTS FACILITIES

Definition

1. The average energy consumption of indoor and outdoor pools; halls gymnasia and other "dry" facilities; and ice facilities should be established on the basis of kilowatt-hours per square metre of usable activity space per year.

2. This measure will allow the energy performance of different facilities to be compared, whether in one country or several countries. Obviously, for each country there will be a range of figures and an average figure. The average will vary according to the nature of the facility and the location of the country.

Reasons for choosing this unit

3. The unit must be international and so money units cannot be used because of the variation of fuel prices from one country to another. The best unit is a unit of energy because this can be converted into money for any fuel in any country. It will also be independent of changes in fuel prices and can be used with reference to energy-saving measures. The kilowatt-hour /kwH/ is a well understood international unit.

4. Second, the unit of energy use should be related to the area of usable activity space in a facility, that is the pool water area, the sports space area, or ice pad area. The sports activity space determines the total size and volume of a sports facility according to standard guidelines which exist in each country. For example, the area of the pool water determines the number of changing spaces and showers, and the number of people who can use the pool at one time.

5. The total energy used in one year should be calculated. This allows for variation of weather through the year and should allow annual energy budgets to be estimated - and therefore annual fuel bills - at the design stage. There will be a slight problem with outdoor pools which may be open only for four or five months per year, but for the sake of consistency an annual figure for outdoor pools should be calculated as for all other facilities.

Calculation of the Basic Figures

6. The total energy consumption per square metre of activity space per year for each type of facility will be the sum all of 6.1 - 6.5 and some of 6.6 - 6.8.

6.1 Fabric losses, that is energy lost through the walls, roof and floor of the building.

6.2 Space heating and ventilation (fresh air inflow and exchange rate).

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6.3 Domestic hot water heating, that is hot water used directly by participants in showers and wash hand basins

6.4 Electricity, for lighting and power (for pumps, fan motors, etc)

6.5 Other losses, for example in kitchens, offices, etc.

6.6 Pool water heating

6.7 Refrigeration (for ice rinks)

6.8 Saunas

7. These consumptions should be calculated for facilities designed in accordance with the standard codes in each country with no incorporated energy saving measures unless these are mandatory (for example wall and roof insulation). In addition to these basic figures, the essential parameters on which the figures are based should be stated. They will be:

7.1 Designed indoor temperatures and outdoor average temperatures, in degrees celsius, and temperature of pool water;

7.2 The amount of time for which the building is open for use, in hours per year (out of a standard total of 365 x 24 = 8,760 hours maximum);

7.3. The designed relative humidity;

7.4. Procedures used when closed (complete stoppage, anti-freeze, etc).

Utilisation of the basic figures

8. The calculation of the basic figures will make plain the amount of energy used in different types of facility and the proportion of this total used in different ways. Therefore it will:

8.1 Show where effort should be concentrated in order to make the greatest savings of energy.

8.2 Allow the total consumption of energy in sports facilities in a country to be estimated if the total area of activity space is known.

8.3 Allow a basic target for energy use in new facilities to be established.

8.4 Allow comparison of different facilities of a similar type in one country or in several countries; and

8.5 Provide basic information for the cost benefit analysis of energy saving measures and techniques.

II

ACCESS TO NATURE IN MOUNTAIN REGIONS

Conclusions adopted by the participants
at the Seminar organised for the CDDS
and the CDSN by the French authorities
Mont-Dauphin, 7-11 June 1982

(CDDS (82) 48)

SPORT, RECREATION AND NATURE CONSERVATION
IN THE MOUNTAIN ENVIRONMENT

Recalling the Ecological Charter for Mountain Regions in Europe of 1976;

Recalling the Convention on the Conservation of European Wildlife and Natural Habitats signed at Bern in 1979;

Reaffirming the principles embodied in Recommendation No. R (81) 8 on sport, recreation and nature conservation in inland water areas;

Recalling its Recommendation No. R (81) 9 on environmental education;

Recalling its Resolution (76) 41 on the principles for a policy for sport for all (The European Sport for All Charter) in which it is stated that "measures, including legislation where appropriate, shall be introduced to ensure access to open country and water for the purposes of recreation",

Recognising the aesthetic value of the mountain environment as a factor to be safeguarded of equal importance to sport, recreation and nature conservation, and which may be affected by modern land use practices such as agriculture and forestry;

Considering that it will not always be possible to satisfy the need to conserve nature and to promote sport and recreation at the same place;

Conscious that, in areas of multiple use, the reconciliation of the several interests will depend at least in part on a better understanding by all those concerned of all the factors involved;

Hoping that the problems may be overcome in a spirit of tolerance and understanding;

The participants propose to the governments of member states:

I. That they should use the following as guidelines in the management of the mountain environment:

A. As far as the reconciliation of the several interests are concerned

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1. to conserve the mountain environment for the benefit of present and future society as a whole;

2. to develop a greater consensus between all relevant interest groups through improvements in communication and cooperation;

3. to plan for the requirements and problems of nature conservation, sport and recreational activities, allowing for their specific constraints and for all sorts of demands on the mountain environment, compatible with paragraph A.1 above;

4. to consider the preparation of inventories of the mountain environment which show their current and potential conservation, sport and recreational characteristics;

5. to consider developing on the basis of such inventories an overall policy for the mountain environment which would include designating prime use areas at international, national, regional and local levels;

6. to encourage the development of education and interpretation programmes which would integrate the needs of trainers and participants in sport and recreation with those responsible for the conservation and management of the mountain environment;

B. As far as the management of the mountain environment is concerned

1. to ensure that management plans and policies, bearing in mind any prime uses, endeavour to satisfy, as far as possible, the parties involved and to ensure that these plans are duly publicised;

2. to consider where necessary setting up advisory bodies representing all parties which could help to harmonise the different national and international interests and prepare the ground for policy and management decisions. They might also make available to the organisations catering for sport, recreation and nature conservation, information assembled in the different member states on some of the issues at stake;

3. to encourage the adoption of, and giving publicity to, measures such as the following:

a. the promotion of research programmes into the direct and indirect impact of tourism, sporting and recreation activities on the mountain environment caused by for example:

i. buildings and roads;

ii. facilities and equipment such as different types of cableways, railways, ski lifts, runs and trails;

iii. motor vehicles and aircraft;

iv. disposal of litter;

b. the promotion of research programmes into visitor characteristics and motivation;

c. the promotion of research programmes to investigate the implications of changing land use practices on visitor enjoyment of the mountain environment;

d. where buildings and other facilities are developed in mountain areas, to encourage the use of methods of transport which cause the least damage;

e. where damage is done to soil and vegetation in mountain areas as a result of construction work, it should be restored within an appropriate time period;

f. to consider the designation of mountain areas where overflying and landing of aircraft as well as the use of motor vehicles are strictly controlled, except for safety purposes;

g. to help finance protective measures for the mountain environment by funding derived from mountain tourism, sport and recreational activities as well as from associated commercial interests. Such benefits should accrue to all communities both in and around the area subject to development;

h. to promote interpretation for the casual and specialist visitor which explains the site's significance and promotes greater environmental awareness;

i. to encourage the promotion of guidelines which will help all those seeking access to the mountains to minimise their impact on the environment;

j. to promote improvements in safety education;

k. the promotion of environmental education highlighting actual and potential conflict situations in the mountain environment, involving in this process knowledgeable persons such as teachers, mountain guides, ski instructors, rangers and wardens and representatives of those professions and interest groups who use and safeguard this environment;

l. the designation of prime use areas and the development of space and/or time zoning, according to the activities and to the environment;

m. the establishing of national parks and equivalent reserves;

n. the provision of adequate public facilities;

o. the provision of an impact statement on the mountain environment for any development plan (by an independent and competent body) and the setting up of a system of financial guarantees for the restoration of that environment;

p. to consider the setting up of groups of experts specialising in the legal problems involved in the practice of mountain sports;

q. to make readily available to all states the information and expertise which has been gained in Europe on the sound development and use of the mountain environment;

r. to ensure that the right of the inhabitants of mountain regions to recreation, as well as the protection and development of their cultural identity and heritage are duly respected;

4. Where and when necessary, the above measures should be supported by appropriate legislation, bye-laws and regulations.

1. to conserve the mountain environment for the benefit of present and future society as a whole;

2. to develop a greater consensus between all relevant interest groups through improvements in communication and cooperation;

3. to plan for the requirements and problems of nature conservation, sport and recreational activities, allowing for their specific constraints and for all sorts of demands on the mountain environment, compatible with paragraph A.1 above;

4. to consider the preparation of inventories of the mountain environment which show their current and potential conservation, sport and recreational characteristics;

5. to consider developing on the basis of such inventories an overall policy for the mountain environment which would include designating prime use areas at international, national, regional and local levels;

6. to encourage the development of education and interpretation programmes which would integrate the needs of trainers and participants in sport and recreation with those responsible for the conservation and management of the mountain environment;

B. As far as the management of the mountain environment is concerned

1. to ensure that management plans and policies, bearing in mind any prime uses, endeavour to satisfy, as far as possible, the parties involved and to ensure that these plans are duly publicised;

2. to consider where necessary setting up advisory bodies representing all parties which could help to harmonise the different national and international interests and prepare the ground for policy and management decisions. They might also make available to the organisations catering for sport, recreation and nature conservation, information assembled in the different member states on some of the issues at stake;

3. to encourage the adoption of, and giving publicity to, measures such as the following:

a. the promotion of research programmes into the direct and indirect impact of tourism, sporting and recreation activities on the mountain environment caused by for example:

i. buildings and roads;

ii. facilities and equipment such as different types of cableways, railways, ski lifts, runs and trails;

iii. motor vehicles and aircraft;

iv. disposal of litter;

b. the promotion of research programmes into visitor characteristics and motivation;

c. the promotion of research programmes to investigate the implications of changing land use practices on visitor enjoyment of the mountain environment;

d. where buildings and other facilities are developed in mountain areas, to encourage the use of methods of transport which cause the least damage;

e. where damage is done to soil and vegetation in mountain areas as a result of construction work, it should be restored within an appropriate time period;

f. to consider the designation of mountain areas where overflying and landing of aircraft as well as the use of motor vehicles are strictly controlled, except for safety purposes;

g. to help finance protective measures for the mountain environment by funding derived from mountain tourism, sport and recreational activities as well as from associated commercial interests. Such benefits should accrue to all communities both in and around the area subject to development;

h. to promote interpretation for the casual and specialist visitor which explains the site's significance and promotes greater environmental awareness;

i. to encourage the promotion of guidelines which will help all those seeking access to the mountains to minimise their impact on the environment;

j. to promote improvements in safety education;

k. the promotion of environmental education highlighting actual and potential conflict situations in the mountain environment, involving in this process knowledgeable persons such as teachers, mountain guides, ski instructors, rangers and wardens and representatives of those professions and interest groups who use and safeguard this environment;

l. the designation of prime use areas and the development of space and/or time zoning, according to the activities and to the environment;

m. the establishing of national parks and equivalent reserves;

n. the provision of adequate public facilities;

o. the provision of an impact statement on the mountain environment for any development plan (by an independent and competent body) and the setting up of a system of financial guarantees for the restoration of that environment;

p. to consider the setting up of groups of experts specialising in the legal problems involved in the practice of mountain sports;

q. to make readily available to all states the information and expertise which has been gained in Europe on the sound development and use of the mountain environment;

r. to ensure that the right of the inhabitants of mountain regions to recreation, as well as the protection and development of their cultural identity and heritage are duly respected;

4. Where and when necessary, the above measures should be supported by appropriate legislation, bye-laws and regulations.

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II. That they should ensure that local and regional authorities, nature conservation bodies and sport and recreation organisations are informed of these proposals and invited to consider in what way their policies, management plans and programmes need to be revised in order to implement them within their sphere of competence.

III

SPORT FOR IMMIGRANTS

Conclusions adopted at the seminar
organised for the CDDS by the
Portuguese National Sports Institute
Açoteias, 21-25 June 1983

(CDDS (82) 49)

The participants reaffirmed the results of the 1st Seminar (1) and adopted the following conclusions :

I. INFORMATION DESTINED FOR IMMIGRANTS

1. Information must be addressed directly to the immigrants. It has to be at as local a level as possible, where immigrants live and/or in their families. The media of both origin and host countries and the new technique of videofilms and cassettes can be used.

2. Co-ordination in this latter area between these countries could be improved, in particular, origin countries could translate into their language and distribute to their emigrants, material provided by host countries on sports promotion and the possibilities and openings for practising sport.

3. Special forms of information include ethnic newspapers and broadcasting humorous techniques etc. House to house and family-based communication are most likely to be successful. The methods of communication must take account of differences between the 1st, 2nd and 3rd generations.

4. Local media such as local TV (where it exists), radio, newspapers, poster boards, etc. will be more successful than national ones. They should be used in different ways according to the objectives.

Care has to be taken that sports promotion does not harm traditional family culture. Attractive and unusual material directed to the mass-media needs to concentrate on the human interest of a story.

5. Channels for communicating with immigrants

a. Governmental authorities

It is assumed that national governments have all agreed that opportunities must be provided for immigrants to have a chance to enjoy the same quality of life as the other inhabitants. Sports Ministries and national, regional and local sports councils will therefore be obliged to apply this policy for sport as well, in particular by proposing, and distributing money for, appropriate programmes.

b. National non-governmental sports associations

National non-governmental sports organisations (like the Deutscher Sportbund, the Swedish Sports Federation) have adopted information programmes and policies for the development of sports for immigrants - see CDDS (82) 36 and 40. Other national sports associations are urged to adopt a text with a similar purpose appropriate to their country.

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(1) Notably on the concept of integration, the Lisbon text states: "Sport should be seen as an important means for the social integration of immigrants in the society of their settlement. It should also be seen as providing activities for their personal physical development and recreation, but also keeping in mind their cultural background".

c. Local authorities

The sports departments of local authorities have a responsibility to ensure that immigrants in their areas have equal opportunities to participate in sport. In particularl they can help by training sports and/or employing animateurs, designed especially to work with immigrant groups.

d. Local sports clubs

Sports clubs have opportunities to communicate directly with immigrants, for example:

i. by club leaders, the most energetic of whom will actively search for immigrant members (on a house to house basis);

ii. by bilingual instructors/animateurs who will be able to communicate with immigrants in their own language.

e. Non-sports agencies which can communicate with immigrants

i. Schools

- physical education classes
- school competitions, sports festivals, games ("Youth Games"), etc
- classes in the mother tongue which can include material on sport, including traditional games of the origin countries
- school bodies, such as parent - teacher associations, class meetings, school councils, etc..

ii. Work

- the firm or company as such
- company sports clubs
- trade unions.

iii. Local bodies

Besides local authorities who have a general and overall responsibility (5.c.) other official channels include:

- social services' offices etc., and especially neighbourhood helpers such as social or community workers.
- community associations/councils, etc.
- the youth service, youth workers and youth clubs.

iv. Private

- the churches
- non-sports activities of sports clubs
- immigrants' associations.

6. Co-ordination between all these agencies and bodies will be necessary if they are to function efficiently.

7. The working party agreed that a European poster for the development of sport for immigrants, which could be used in all countries, would be desirable. It should not be patronising, in any sense. The Portuguese authorities agreed to provide a draft poster.

8. It is also very important that information be provided for the native population so that a greater understanding of why special measures for promotion of sport for immigrants are necessary.

9. Information should also be made available to people working in sport on the cultural and sports backgrounds of different immigrants.

II. CO-ORDINATION

A. At national level

1. National sports agencies are urged to establish formal consultative machinery with sports and other appropriate associations of immigrants.

2. National sports agencies are urged to appoint at least one senior officer with special responsibility for the development of sport amongs immigrants.

3. Individual national sports federations are invited to examine ways in which they might grant to immigrant sports leaders recognition of diplomas awarded by a sports federation in the country of origin of the leader at the appropriate level and with the necessary safeguards.

4. Each member country of the CDDS is asked to establish and send to the Clearing House a list of associations and bodies concerned with sport for immigrants and for emigrants so that co-operation and collaboration may develop more effectively. This will help in the implementation of the suggestions at A.1 and 2 above.

B. At international level

1. Co-ordination at international level should help promote integration in the way defined at the Lisbon Seminar.

2. Proposals for bilateral and multilateral sports co-operation should be addressed in the first instance to the national sports agency.

3. Bilateral co-operation can be effected both between national sports agencies and between individual sports federations of the two countries, and this can help resolve problems in a practical way.

4. The Seminar warmly supports the Portuguese offer to organise, perhaps in 1984 as part of the European programme, a training course for Sport for All animateurs for immigrants (participants from both host countries and countries of origin) and asks the CDDS to study positively the more detailed proposals which Portugal will submit to it in March 1983.

III. TRAINING

1. The basic problem is to inform immigrants of training courses open to them and to help them to attend such courses. These courses may be either those which are open to everyone or those which are specifically designed for immigrants.

2. Training courses should be organised by the host countries' authorities, and financial assistance should be given to the organisers of such courses.

3. Help may be given to immigrants to enable them to take part in amateur training courses by providing grants towards the cost of attendance and by preparing course material in the immigrants' languages and adapting examinations as appropriate, especially for those of the first generation.

4. By training immigrants themselves there is more chance of long-term success in this field, and the main purpose of these courses should be to enable the animateurs to be better able to reach immigrants who do not yet participate in sport.

5. In sports training courses - eg as coaches, officials, administrators, etc special attention (eg additional sessions) should be given to immigrants as they have difficulty in finding out how the sports and the local central governments systems work.

6. Sports animateurs training for immigrants should include provision for general sport for all training and relate it to their own situation.

7. Care should be taken when adapting courses to ensure that there is no difference in the value of the diploma etc. granted to the immigrant and the equivalent one for the indigenous sports worker.

8. Some courses can aim to develop the sports which are widely practised by immigrants in their country of origin.

9. There should be some co-ordination of training schemes with the countries of origin and the latter can help with the language problems and in the mutual recognition of sports diplomas.

IV

SPORT FOR CHILDREN

Policy paper based on the
conclusions adopted at the Seminar
organised for the CDDS by the
Ministry for Cultural and Scientific Affairs
and by the Norwegian Sports Confederation
Tønsberg, 27 September - 1 October 1982

(CDDS (83) 11)

This paper stresses the policy questions and aspects suggested in the conclusions adopted by the participants. The CDDS is asked to take the appropriate measures so that:

1. Governments re-examine and take whatever measures may be necessary to align their physical education policies at primary school in the light of these proposals.

2. Non-Governmental Sports Organisations re-examine and take whatever measures may be necessary to align their club activities for children 6 to 12, and in particular their training methods and competition policy, in the light of these proposals.

A. Physiological and Psychological Considerations

It is important to stress that children are not small adults: Their human values and individuality must be respected.

1. General physical training is beneficial to the child's biological development.

2. The same training - ie sport and physical education - can be done by both girls and boys at least up to the age of adolescence:

   a. Training in flexibility, co-ordination and basic skills should be done before puberty.

   b. Training of aerobic power, general muscle strength and endurance can be done before puberty but the effects are often small compared to starting such training later in life. Towards the end, some work on walking, running, swimming or cycling continuously for some time may be started.

   c. Anaerobic capacity can be trained at all ages but it is boring and unpleasant to do and is therefore not recommended.

   d. Specific strength training programmes, especially those using external loads, damage the growing zones of the bones and should, therefore, not be started until after puberty.

3. Physical activity, play and sport are some of children's most natural activities. The need for movement and to develop neuromuscular co-ordination leads children to experience a wide range of social and body orientated sensations. Children like reproducing certain environments and following the lead given by adults such as parents and coaches, and gaining self-confidence by going to the limits. Such is their involvement that they often do not realise the strain imposed.

Fun, co-operation, interaction, play, performance and comparison are some of the most important motives for such activities. In stressing or over-emphasising only one or some of these motives, outsiders (parents, coaches, society) may lessen the child's interest in a movement, sport or a given training programme. Workloads may be experienced as overloading and/or stress.

4. Each newly-learned skill will be tried out in interaction and comparison with others; thus children control their own progress and development.

In forcing the child's own natural competitiveness and conception of competition into adult forms of selective competition, with only one winner, children are given only a small chance of succeeding, and perverts the child's natural needs and purposes. The child then wants to give up.

5. Specialisation in sport means repeated specific and vigorous types of training necessary for high level performances. The development of general motives, basic physical and psycho-motor abilities and adequate experience from the age of 6 to 12 are the fundamental basis for a continuing interest and involvement in sport. The limited training procedures deriving from early specialisation is harmful for a maturing child as well as perhaps having biological consequences and should be avoided. Early specialisation is often the result of outside pressures, (coaches, teachers, parents, the mass-media).

General training in broad physical activities and social co-operation is more important at the ages 6 to 12 and must be borne in mind by coaches or teachers when considering the possibility of selection.

6. As one of sport's most important teaching and psychological aims is to encourage and strengthen the child's self-confidence and social feelings,, coaches and parents must give priority to the child's hopes, intentions and standards, and not push the child to fulfil the will of adults. Doing this can lead to an unbalanced personality development.

B Educational aspects

Training of personnel (teachers, coaches, club leaders, referees etc) and information directed to parents must be based on these physiological and psychological considerations.

In addition, the following factors are important:

Sport and physical education programmes should be healthy; safe; well co-ordinated (to avoid duplication or conflict); differentiated (to meet the needs of each child); flexible (so that they may be adapted to different groups), and progressive (so that a child may progressively meet new challenges and experiences).

The methods should allow for playful activity, self-initiated activity, exploration, and creativity.

Inititation into particular sports can start at about 9. The aims should be the development of speed, dexterity, balance, agility, etc.

Training of personnel

Teachers, coaches, sport club-leaders and others involved should be adequately trained in the theory and the practice necessary for their tasks. They should acquire:

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- familiarity with sport activities and the possible effects on participation for children aged 6 - 12;

- knowledge of and skill in teaching and coaching methods suited for this age-group;

- knowledge of different sport programmes which may be offered for the group of children they may be responsible for; and

- knowledge of programme development, and the capacity to adapt them to children with different needs under given circumstances.

The training of teachers for the schools and the training of coaches and leaders for voluntary clubs etc should have some significant elements in common. Everyone working with children has an important leadership role, and must be sensitive to group dynamics and individual needs. The training must, however, be differentiated according to the different tasks of schools and clubs.

Children at this age gradually become less dependent on their parents but they still have a strong need for adult support, for a feeling of belonging and security, as well as for opportunities for explorative and creative activity.

The wide variety of individual differences in biological, psychological and social development at the age of 6 increases year by year. The differences in maturity between the 12 and the 6 year-olds are considerable.

Schools and clubs should have the same ultimate goal in their sport programmes for children. Since attending school is compulsory and participating in a club is voluntary, the programmes must differ and their immediate goals be somewhat different. There is no need for schools and clubs to duplicate one another, but they must be complementary.

The schools must, for instance, provide the fundamental physical training required for all children, whereas the range of clubs may provide better opportunities to meet the many different needs and interests of children in specialised sports disciplines and at appropriate levels of performance. While using the specific techniques of the various sports, clubs must also aim at a balanced, harmonious development of the whole child at this age. Versatility, therefore, not specialisation, should be the goal.

Programmes should prepare the ground for later adolescent and adult participation in sport, developing psycho-motor skills, social and intellectual skills and positive ethical values (fair-play, respect for others, co-operation).

It is more than ever apparent that those who teach physical education in primary schools must have a specialised physical education training.

Information for parents

Parents should be adequately informed about the importance of movement behaviour for personality development, health and well-being, and the dangers of over-emphasising performance abilities at an early age.

The mass-media have a particular responsibility for disseminating this kind of information. Parents should also be adequately informed about the aims and means involved in the programmes in which their own children take part, in order to help resolve possible conflicts. The national sport organisations should develop methods to help local clubs inform parents.

In order to ensure adequate growth and development opportunities for these children, provision must be made for unorganised, as well as for organised, sport activities. Schools and voluntary organisations must be given the opportunity to develop appropriate programmes and train the personnel needed to carry them out.

In summary:

The responsibility for the child's physical development lies with the family, the school and the sports clubs and in their mutual co-operation. Parents, teachers, trainers and youth-leaders have a special responsibility for creating the positive attitudes described above to sport and physical education.

More attention must be paid to the education and/or re-education of teachers/trainers for the age-group 6 - 12. The European sports co-operation programme should include provision for courses and exchange possibilities for primary school teachers and trainers of children aged 6 to 12.

Competitions and the training necessary for them for the 6 - 12 age-group may have both negative and positive effects. In general competitions should be looked at as a means of developing children in sport and in life (comparison and evaluation) rather than as an end in itself. Competitions can also have a role in evaluating and in motivating children's performances. Competitive matches and events should recognise the child's physiological, biological, psychological and social stage of development. Competitions should be organised for the benefit of children and not for the gratification of adults. They should be introduced gradually and carried out in a fair, educational and highly-qualified manner.
Competition for children should if necessary have modified rules and equipment (as in mini-games).

Children should be helped to understand that whilst one competes to win defeat is not a disaster: there should be a fair chance of being successful.

Competitions for the age-group should be at club- or class-level and not at national or international levels.

V

LOW-COST SPORTS FACILITIES

Conclusions drafted by the Secretariat
on the basis of discussions
at the final session of the seminar
organised for the CDDS by the Sports Council
Marlow, 7-11 November 1982

(CDDS (82) 68)

From the wealth of information exchanged at, and in the light of the discussions during the seminar, the following conclusions are amongst those which may be drawn:

A. POLICY AND PLANNING

1. The present economic climate and the need to ensure the best value possible in the expenditure of public money should oblige the authorities responsible for planning and constructing sports facilities to take account, from the earliest stages, of the following factors:

   a. that new facilities should be provided for the benefit of the community as a whole; planners at national and local levels should be aware of the possibility of coming to different conclusions as to national and local needs; priority should be given to the needs of the local community;

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b. in small and/or isolated communities, new facilities should serve both sport and socio-cultural needs;

c. in large communities, the need to balance the advantages of building multi-purpose sports centres (eg pools and halls) in terms of lower capital, maintenance and management costs, against the disadvantages in terms of access and higher transport costs for the users;

d. the need to provide for a proper 'hierarchy' of sports facilities, ie to take account of the pattern of existing facilities in the area, and to consider the possibility of adding to or extending existing facilities;

e. the need to aim to satisfy demand more satisfactorily and to ensure that unspoken demands were not forgotten so that more people can make use of the range of facilities available;

f. the need to encourage the traditionally outdoors sports not to change to playing indoors.

2. An important contribution to the provision of an adequate range of facilities at a reasonable price can be made by ensuring that existing facilities are both managed and maintained in a proper and rational way. This will be as important to some member states as the building of new ones is to others.

3. New facilities should not waste space:

- the playing areas sufficient for the kind and level of sports most likely to be played;

- ancillary and social spaces, technical plant and equipment should not exceed the planned intensity of use;

- the layout should be flexible and adaptable to new circumstances.

4. Local authorities should help and encourage voluntary groups and sports clubs in the building of new sports facilities by:

a. perhaps providing land or ground rents at reasonable prices;

b. encouraging do-it-yourself and self-help schemes;

c. by providing grants, or guaranteeing loans at low interest rates;

d. by helping suitable conversion schemes of disused buildings into sports facilities;

e. by relaxing, where appropriate, norms and regulations.

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Financially speaking, do-it-yourself or self-help schemes may cost up to 25 - 30% less than normal contractor's work and, in the case of conversion (which often costs more than building new) the extra costs may be more than recouped.

Socially, they provide new facilities in areas where often none exist as yet, and promote community pride and identity.

5. In considering sports facilities in rural areas (cf 1.b) sports facilities will probably be based on schools and/or community centres. In villages where no sports facilities exist, urgent consideration should be given to providing them in conjunction with other social needs. All uses will thus contribute to the financing of these multi-purpose centres. One example is the French Youth Club programme. Another possibility is to provide a temporary light-weight structure, such as an air hall, in order to stimulate community initiatives and the will to build a permanent structure, perhaps along the lines suggested in paragraph 4 (self-help).

6. The best value for money results when both policy and technical experts from planning, design and management co-operate fully from the beginning and they prepare a good, comprehensive brief for a new facility.

7. In some countries (especially those with well developed club structures) the major need will be for facilities suitable for competitive level sport even at the base of the 'hierarchy' (1.d.), in others, the priority will be to provide facilities more suitable for recreational use by the public on a casual basis.

8. A relaxation of building regulations and norms may be necessary in some circumstances if adequate new low-cost facilities are to be provided in the present economic climate. Norms are necessary in principle: and certain safety ones are vital. But they should be the minimum necessary and additional standards might be in the form of recommendations. Norms should also be considered from the point of view of their financial implications. The international sports federations are also asked to bear in mind these principles when considering changes in their regulations on facilities and to consult public authorities before deciding changes. National federations could be encouraged to agree to lower standards when lower levels of play are going to be the main use of a facility.

9. Common approaches, even standardised designes, can be prepared for the intensive reproduction of new sports facilities; this process will in itself stimulate the building of new facilities. Such approaches or designs should allow for being adapted to local climatic, geophysical or geographical areas and to use local materials. The UK example ('Standardised Approach to Sports Halls' - SASH) and the Italian work by CONI on a 'basic' sports facility are promising.

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10. An industrialised process or common approach has advantages for countries over a certain size, depending on the network of facilities already built:

    - in the provision of recommended performance specifications;
    - in the provision of prefabricated components;
    - in providing a complete design and management package for local authorities and others with little or no previous experience in this area and negotiated centrally at a lower price;
    - in providing flexible floor space plans to meet particular needs.

11. The quality of the materials used should be appropriate to the functional use and its planned life. This generally means the use of high quality, long-life, low-maintenance finishes, except when the facility has a limited life (say ten years) on a low volume of use.

VI

TESTING PHYSICAL FITNESS

The EUROFIT battery
is the fruit of a coordinated research project
which has been developed during the
4 European Seminars on the
"Evaluation of Physical Fitness"

(Paris (1978) : CDDS (79) 27 -
Birmingham (1980) : CDDS (81) 14 -
Leuven (1981) : Report published by the
University of Leuven
Olympia (1982) : CDDS (82) 61)

The results of this research project
are presented to governments in the
form of an interim activity report,
adopted by the CDDS in March 1983.

(CDDS (83) 14 rev.)

COMMITTEE FOR THE DEVELOPMENT OF SPORT

INTERIM ACTIVITY REPORT ON 'EUROFIT'

a physical fitness test battery

1. In 1977, the Committee for Sport accepted an offer by the National Institute of Sport and Physical Education (INSEP) at Paris to organise the 1st European Research Seminar on Testing Physical Fitness. This seminar, in October 1978, discussed the philosophy of the project and agreed on what factors of physical fitness should be tested (Report : CDDS (79) 27).

2. The 2nd Seminar, organised by the Department of Physical Education at the University of Birmingham (June 1980), agreed on the preferred tests which should be developed to test the factors of cardio-vascular and respiratory fitness as agreed at Paris, and set up two working parties to conduct further research into these tests (Report : CDDS (81) 14).

3. The 3rd seminar, organised by the Institute of Physical Education of the Catholic University of Leuven (Belgium) in May 1981, agreed on a range of tests for measuring the other aspects of physical fitness agreed at Paris (Report published by the K.U. - Leuven).

4. Lastly, the 4th European Research Seminar in this series, organised by the Sports Research Institute of the Hellenic Olympic Committee and held at ancient Olympia in May 1982, finalised the work of the Birmingham seminar agreeing on two tests (1 laboratory, 1 outdoor) for testing cardio-vascular performance and proposing two alternative indoor tests for further research (Report : CDDS (82) 61).

5. The full Eurofit test battery as approved by the CDDS on the proposal of its Committee of Experts on Sports Research (DS-SR) (see DS-SR (82) 20, para. 4.2. and Appendix I) is detailed in the Appendix to this report.

6. The purposes of the tests are as follows :

   6.1. Physical fitness testing is an essential part of measuring children's development; ideally such testing should be an integral part of every child's physical education.

   6.2. This measuring, conducted regularly over a period of time (eg the years of compulsory schooling), permits a monitoring not only of individual children, but also of groups of children.

   6.3. Such physical fitness will also allow for an evaluation of the effectiveness of physical education programmes in schools and show the way for possible improvements.

   6.4. The improvement of physical education programmes should lead to enhancing their role and importance, in particular in providing children with the motivation to take part with pleasure in sport, games and physical recreation, both during and after school age.

6.5. It is for the above reasons that a common range of tests is necessary at national level :

i. in order to be able to measure and monitor over a period of time;

ii. in order to be able to discover and measure possible differences between individual children and groups of children.

6.6. It is important to underline that the tests are not designed :

i. to be a subterfuge for talent detection purposes;

ii. to permit European comparisons.

7. The tests advocated are low-cost simple ones, capable of being administered by teachers in schools, on all children following normal physical education lessons.

8. Most of the equipment required is already possessed or can easily be acquired by nearly all schools. The only relatively expensive piece of equipment is the bicycle ergometer - but the value of testing accurately this particular aspect of fitness is important enough to justify it being provided on an appropriate scale.

9. The Eurofit test battery is proposed as a common core : while it is adequate in itself as an appropriate battery for testing the physical fitness of children in those countries where other tests have been developed for testing other aspects of physical fitness, such tests may be added to the Eurofit battery.

10. The methods of implementing Eurofit, the precautions which should be taken, the conditions for testing and the methods of calculating the results are described in full in the Eurofit Handbook which is an essential tool for the teachers involved.

11. In some member states, Eurofit testing can be conducted on a sufficiently large scale by the sports authorities. In others, co-operation may be necessary with other authorities - especially education and school health services. In such member states, governments are urged to ensure that there is effective co-operation and co-ordination between the parties involved so that all may derive benefit from an adequate testing programme.

12. Such a programme should, at least in the first instance, cover a reasonable sample of school age children in that country on a continuous basis (eg, a full test for each child in the sample once every year, at most every two years), in order to monitor groups and make recommendations.

13. Lastly, the CDDS proposed to organise a seminar to evaluate experiences with Eurofit - technical, administrative or other problems that may have arisen - and to modify the battery and Handbook as appropriate. This seminar is planned for 1984 or 1985 at the latest. In the light of the results of this seminar, the CDDS hopes to be able to present a draft recommendation to the Committee of Ministers.

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14. Meanwhile, the CDDS requests governments to take all necessary measures to encourage the implementation of the present Eurofit battery in their country on a representative scale and to provide for the gathering, coolating and analysis of the information collected.

15. Summary of Recommendations

15.1. To implement Eurofit, even if only on an experimental basis, on a representative sample of school-aged children in 1983-4-5, for the purposes described in para. 6.

15.2. To ensure the provision of equipment and documentation (paras. 8 and 10).

15.3. To analyse the data collected and to make proposals for improvement (para. 13).

15.4. To encourage co-ordination and co-operation with education and school health services where appropriate (para. 11).

A P P E N D I X

OUTLINE OF THE EUROFIT TESTS BATTERY

Components of physical fitness

1. Cardio-respiratory endurance

a. Ergometric test

- The test should be performed on a mechanically-braked bicycle, preferably with a suspended weights system.
- The bicycle should be fitted with a revolution counter and the tests conducted at 60 pedal revolutions per minute.
- The size of the bicycle used should be suitable for the height of the children tested.

b. Field tests (1)

i. Running test

The test is a run of 6 minute duration. It is appropriate for school children of all ages and both sexes.

ii. Shuttle-run test

For those countries with inclement seasons, there must ultimately be an agreed test which would be particularly suitable for indoor use. Two possibilities exist: a progressive shuttle test and the 480 m shuttle run. Further research is needed on both these tests before a single agreed test can be proposed. Instructions for both tests are included in the Eurofit Handbook.

2. Strength (2 tests)

a. Static strength — arm pull, with dynamometer fixed to wall (alternative test: dynamometer hand grip)

b. Explosive power — standing broad jump (alternative test: vertical jump alongside a board).

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(1) All the tests under b. can be conducted either indoors or outdoors.

3.	Muscular endurance (2 tests)	
a.	Functional strength	Bent arm hang, time of suspension from a horisontal bar
b.	Abdominal strength	Sit-ups, for 30 seconds.
4.	Flexibility	Sit and reach, on a table measuring reach distance.
5.	Speed (2 tests)	
a.	Arm speed	Plate tapping; time for 25 taps with one hand
b.	Running speed	Shuttle run: 10 x 5 m (alternative test: 50 m sprint).
6.	Balance	Flamingo balance: standing on one foot on a beam.
7.	Personal factors (1)	Details on age (years, months) sex height weight.

NOTE

For the description of all these tests, their administrative procedures, methods of calculating the results and the general testing conditions and precautions, see the EUROFIT Handbook.

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(1) Proposals for proven and appropriate ways of measuring body fat would be welcomed for inclusion in the final test battery under '7. Personal Factors'.

EUROFIT

Synoptic view of the battery

Dimension	Factor	Description	EUROFIT test
1. CARDIO-RESPIRATORY ENDURANCE	Cardio-respiratory endurance	Effort to reach 170 heart beats/min Distance in time	Bicycle ergometer 6 minute run test (Alternative indoor tests : 480m shutt. run or 20m progressive shuttle run)
2. STRENGTH	a. Static strength	maximal strength	arm pull (alt: hand grip)
	b. Explosive strength	maximal muscular power	standing broad jump (alt: vertical jump
3. MUSCULAR ENDURANCE	a. Functional strength (dynamic strength)	upper limb muscular endurance	bent arm hang
	b. Abdominal strength (dynamic trunk strength)	abdominal muscular endurance	sit up in 30 sec
4. FLEXIBILITY	Flexibility (extent of flexibility)	articulo-muscular range of movement	sit and reach
5. SPEED	a. Speed of limb movement	segmental repetitive velocity	plate tapping time/25 cycles
	b. Running speed	total body velocity	shuttle run 10 X 5 m (alt: 50 m sprin
6. BALANCE	Total body balance	co-ordination of total body	(flamingo) balance on one foot on a beam (1 min)

7. DETAILS ON :

Age (years, months)
Sex
Weight (kg)
Height (cm)